

What is claimed is:

1. A nutritional bar comprising;
 - a) about 10%wt or more of soy and/or rice protein, about 1%wt or more being in the form of nuggets,
 - b) at least one transition metal or transition metal compound, and
 - c) about 2%wt or more of a humectant selected from the group consisting of polyols.
2. The nutritional bar according to claim 1 wherein the nutritional bar comprises about 12%wt to about 35%wt of soy and/or rice protein.
3. The nutritional bar according to claim 1 wherein the nutritional bar comprises about 5%wt or more soy and/or rice protein in the form of nuggets.
4. The nutritional bar according to claim 1 wherein the nuggets comprise about 55%wt to about 100%wt of soy and/or rice protein.
5. The nutritional bar according to claim 4 wherein the nuggets comprise about 75%wt to about 95%wt of soy and/or rice protein.
6. The nutritional bar according to claim 1 wherein the nuggets further comprise about 5%wt to about 25%wt of a reducing sugar.
7. The nutritional bar according to claim 6 wherein the polyol is selected from the group consisting of triols.

8. The nutritional bar according to claim 7 wherein the triol comprises glycerol.

9. The nutritional bar according to claim 1 comprising about 3%wt to about 20%wt of the humectant.

10. The nutritional bar according to claim 1 wherein the humectant comprises about 3%wt to about 10%wt of glycerol.

11. The nutritional bar according to claim 1 wherein the at least one transition metal or transition metal compound is selected from the group consisting of chromium, manganese, iron, cobalt, nickel, copper and zinc and their compounds and mixtures thereof.

12. The nutritional bar according to claim 1 wherein the at least one transition metal or transition metal compound is in a substantially water insoluble form at 20°C.

13. The nutritional bar according to claim 12 wherein the at least one transition metal or transition metal compound is substantially encapsulated in an encapsulation material.

14. A nutritional bar comprising;

a) about 10%wt or more of soy and/or rice protein,

b) at least one transition metal or transition metal compound, and

c) about 2%wt or more of a humectant,

and wherein the nutrition bar has an Aw of 0.45 or less.

15. The nutritional bar according to claim 14 wherein the nutrition bar has an Aw of 0.43 or less.

16. A nutritional bar comprising;

- a) about 10%wt or more of soy and/or rice protein,
- b) at least one transition metal or transition metal compound, wherein the at least one transition metal or transition metal compound is in a substantially water insoluble form at 20°C, and
- c) about 2%wt or more of a humectant.

17. The nutritional bar according to claim 16 wherein the at least one transition metal or transition metal compound is substantially encapsulated in an encapsulation material.